

**Acrobatics
2016-2017
Junior Olympic
UPDATE
with
Sarah Thomas**



Primary Goals for General Changes to JO Levels 5-10

- Simplify JO Program
- Build stronger progressions
- Create more variety at optional levels

JO Levels

- National Track will be Levels 5-10 as it was before
- Compulsory top positions are limited to those listed in the skill description. They are not interchangeable unless listed.

Level 5

- Skills in level 5 will remain the same
- New Music for all routines
- New Choreography for all routines

Level 6

- Boost wording has been detailed and should be noted when training these skills.
- Men's Pair and Mixed Pair omitted a balance and a dynamic skill to reduce the total number of skills

Level 7

- Boost wording has been detailed and should be noted when training these skills
- Mixed Pair – addition of 0/4 to cradle catch
- Women's Group – 2a included positions of shoulder stand, tuck and pike.

Level 8

- Women's Pair – 9c added pike and layout shapes
- Mixed Pair – Switch Row 3 and 5 to keep consistent with other disciplines.
- Women's Group – Various changes including
 - Addition of other shapes both in balance and dynamic
 - Bridge base in column
 - Addition of new skill - helicopter

Level 8

- Men's Group Balance
 - 3 pyramids total
 - 1 from each row and then an optional pyramid from either row

Levels 9 and 10

- Simplified to encourage more participation and retention at these levels
- Create some differences from the 11-16 track
- Allow for more freedom with skill selections
- Provide smoother progression into the Junior Elite level

Level 9 Requirements

- Level is fully optional and will follow 12-18 rules – take note of simple requirements and restrictions
- Pair/Groups will earn difficulty based on the TOD
- Minimum DV 15 with Maximum 30 for a 10.0
- Balance Routine – 2:30 max
- Dynamic Routine – 2:00 max

Level 10 Requirements

- Level is fully optional and will follow 12-18 rules – take note of simple requirements and restrictions
- Pair/Groups will earn difficulty based on the TOD
- Minimum DV 30 with Maximum 55 for a 10.0
- Balance Routine – 2:30 max
- Dynamic Routine - 2:00 max

MUSIC

- Levels 8-10 and International Tracks are allowed to have music with words/lyrics for one routine
- Music with lyrics must be noted clearly on tariff sheets
- Lyrics should serve to highlight the routine
- Lyrics must be appropriate
- Nicole B and Kari D can help with letting coaches know what is appropriate for music and leotards

SCORING

- LEVEL 5-6
 - Total Score =
 - Execution average x 2 + Difficulty
 - No Artistry Score
 - No Partnership (symmetry/manner) deductions – size only

- LEVEL 7-8
 - Total Score =
 - Execution average x 2 + Artistry Average + Difficulty

Level 5/6

Example:

Execution average $7.8 \times 2 = 15.60$

Difficulty 10.00

CJP/DJ Penalties (-0.0)

Final Score 25.60

Example 7/8

Example:

Artistry average	7.2
Execution average $7.8 \times 2 =$	15.60
Difficulty	10.00
CJP/DJ Penalties	<u>(-0.0)</u>
<u>Final Score</u>	<u>32.80</u>

SCORING

- LEVEL 9-10
 - Total Score =
 - Execution average x 2 + Artistry + Difficulty
 - Conversion Chart will convert raw Difficulty to total Difficulty score
- INTERNATIONAL TRACK
 - Follow FIG rules and score calculation

Level 9/10

Example:

Artistry average	7.9
Execution average 8.1 x2 =	16.20
Difficulty (DV 30)	10.00
CJP/DJ Penalties	<u>(-0.0)</u>
<u>Final Score</u>	<u>34.10</u>

International 11-16

Example:

Artistry average	8.4
Execution average 8.8 x2 =	17.60
Difficulty	0.5
CJP/DJ Penalties	<u>(-0.0)</u>
<u>Final Score</u>	<u>26.50</u>

International 12-18/13-19

Example:

Artistry average	8.7
Execution average 8.5 x2 =	17.00
Difficulty	1.00
CJP/DJ Penalties	<u>(-0.0)</u>
<u>Final Score</u>	<u>26.70</u>

Qualifying Scores

- In the process of being adjusted to the new scoring system

SKILLS TESTING

- Skills Testing to 12-18, 13-19 and Senior Elite
 - Values will remain the same
 - 12-18
 - 50 (Balance and Dynamic)
 - 13-19
 - 90 (Balance) and 70 (Dynamic)
 - Senior
 - 110 (Balance) and 90 (Dynamic)

- Additional lead evaluators have been approved for each Region

Sizing

- JO and International track will use new laser measuring regulations
- Equipment for this process will be used at competitions effective immediately
- Valere Binet has instructions on building the measuring tool

Age Groups

- Locals/State
 - Each Region can choose but must have a minimum of 2 age groups for levels 5-8
- Regionals
 - 2 age groups
 - 13-
 - 14+
- Nationals
 - No age groups at any level
 - Categories with more than 20 entries will be broken down by birthdates

Tariff Sheets

- Anything that receives credit or special requirement value **MUST** be on the tariff sheet
- Out of order is a .3 for levels 5-10
- Routines with lyrics must be noted on the tariff sheet

“Crab” Position

- The -.3 penalty for “crab” position still is in place, however it refers to a situation where the athlete is “hooking” their legs or stopping in that position.
- This video shows an individual where the athlete is passing through the position but would not receive a deduction

Additional Clarifications

- Additional clarifications may come out following the intercontinental judge's course

Falls and Execution Errors

- Old Rule:
 - Execution errors taken in addition to the -1.0 fall
- New Rule:
 - -1.0 max deduction for a fall; no other deductions can be applied

“.9 Rule” for Groups

- Old Rule:
 - Once 2/3 partners were in place and the top starts climbing, any slips and falls off the pyramid received a -.9 time fault

- New Rule:
 - All partners must be in place to receive the -.9

Contact

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